



# DECEMBER 2013



| Sunday | Monday | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday |
|--------|--------|---|---|--|---|----------|
| 1      | 2      | 3<br>La Leche League 10 am – 12 pm, call Megan for info: 301-665-9226<br>Myth Busters/Getting to the truth about the benefits of breastfeeding<br>11:00 am  | 4   | 5  | 6   | 7        |
| 8      | 9      | 10<br>Myth Busters/Getting to the truth about the benefits of breastfeeding<br>11:00 am   | 11  | 12   | 13  | 14       |
| 15     | 16     | 17<br>Myth Busters/Getting to the truth about the benefits of breastfeeding<br>11:00 am<br>La Leche League Meeting<br>Washington Co. Health Dept.<br>WIC Office/6:30 PM-8:30 PM<br>Contact: Megan for more information@301-665-9226 | 18  | 19<br><br>3pm Spanish Prenatal Breastfeeding Class | 20  | 21       |
| 22     | 23     | 24  | 25  | 26   | 27  | 28       |
| 29     | 30     | 31  | (Washington County)<br>To Contact a Breastfeeding Counselor near you:<br>Breastfeeding Support Line: (240) 313-3311<br>Mailbox 2: Crescent Trumpower, BF Peer Counselor<br>Urgent BF concerns: (240) 313-3335 |  | <b>Services:</b><br>Peer Counseling<br>Weekly BF classes<br>1-on-1 instruction on “Getting Started” with BF (positioning, latch, sleepy baby, growth spurts, etc) |          |



# JANUARY 2014



| Sunday  | Monday | Tuesday   | Wednesday | Thursday   | Friday | Saturday |
|---|--------|---|-----------|--|--------|----------|
| <b>(Washington County)</b><br><b>To Contact a Breastfeeding Counselor near you:</b><br>Breastfeeding Support Line: (240) 313-3311<br>Mailbox 2: Crescent Trumpower, BF Peer Counselor<br>Urgent BF concerns: (240) 313-3335 |        | <b>Services:</b><br>☛ Peer Counseling<br>☛ Weekly BF classes<br>1-on-1 instruction on<br>"Getting Started" with BF<br>(positioning, latch, sleepy<br>baby, growth spurts, etc)  | 1         | 2  | 3      | 4        |
| 5   | 6      | <b>7</b><br>La Leche League 10 am – 12<br>pm, call Megan for info: 301-<br>665-9226<br>Myth Busters/Getting to the<br>truth about the benefits of<br>breastfeeding<br>11:00 am  | 8         | 9  | 10     | 11       |
| 12  | 13     | <b>14</b><br>Myth Busters/Getting to the<br>truth about the benefits of<br>breastfeeding<br>11:00 am  | 15        | <b>16</b><br><br>3pm Spanish Prenatal<br>Breastfeeding Class | 17     | 18       |
| 19  | 20     | <b>21</b><br>Myth Busters/Getting to the<br>truth about the benefits of<br>breastfeeding<br>11:00 am<br>La Leche League Meeting<br>Washington Co. Health Dept.<br>WIC Office/6:30 PM-8:30 PM<br>Contact: Megan for more<br>information@301-665-9226 | 22        | 23   | 24     | 25       |
| 26  | 27     | <b>28</b><br>Myth Busters/Getting to the<br>truth about the benefits of<br>breastfeeding<br>11:00 am  | 29        | 30   | 31     |          |



# FEBRUARY 2014



| Sunday  | Monday | Tuesday   | Wednesday | Thursday  | Friday | Saturday |
|---|--------|---|-----------|---|--------|----------|
| <b>(Washington County)</b><br><b>To Contact a Breastfeeding Counselor near you:</b><br>Breastfeeding Support Line: (240) 313-3311<br>Mailbox 2: Crescent Trumpower, BF Peer Counselor<br>Urgent BF concerns: (240) 313-3335 |        | <b>Services:</b><br>☎ Peer Counseling<br>☎ Weekly BF classes<br>1-on-1 instruction on "Getting Started" with BF (positioning, latch, sleepy baby, growth spurts, etc)   |           |   |        | 1        |
| 2   | 3      | <b>4</b><br>La Leche League 10 am – 12 pm, call Megan for info: 301-665-9226<br>Myth Busters/Getting to the truth about the benefits of breastfeeding<br>11:00 am   | 5         | <b>6</b><br>10am Breastfeeding Support Group  | 7      | 8        |
| 9   | 10     | <b>11</b><br>Myth Busters/Getting to the truth about the benefits of breastfeeding<br>11:00 am  | 12        | <b>13</b><br>10am Breastfeeding Support Group   | 14     | 15       |
| 16  | 17     | <b>18</b><br>Myth Busters/Getting to the truth about the benefits of breastfeeding<br>11:00 am<br>La Leche League Meeting<br>Washington Co.Health Dept.<br>WIC Office/6:30 PM-8:30 PM<br>Contact: Megan for more information@301-665-9226 | 19        | <b>20</b><br>10am Breastfeeding Support Group<br><br>3pm Spanish Prenatal Breastfeeding Class | 21     | 22       |
| 23  | 24     | <b>25</b><br>Myth Busters/Getting to the truth about the benefits of breastfeeding<br>11:00 am  | 26        | <b>27</b><br>10am Breastfeeding Support Group   | 28     |          |